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AUTHOR	McNeill, Carol; Cory-Wright, Jean; Renfrew, Tom
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ABSTRACT

The educational value provided by orienteering's blend of navigational and physical skills has given it a permanent place in the primary and secondary school curriculum in the United Kingdom. This book is a reference to orienteering for teachers, leaders, and coaches. It provides a "how to" approach to introducing and developing the skills and techniques of the sport, and provides complete teaching schemes and numerous lessons, games, and training activities for primary and secondary pupils, all requiring a minimum of special equipment or clothing. Each exercise states aims, age group, skill levels, time required, and equipment needed; supplementary exercises are suggested. Chapter 1 provides foundational information to help first-time teachers of orienteering get started. Chapters 2-4 follow a logical progression designed to help students learn the sport in familiar, easy terrain before moving into more difficult environments. Chapters 5-10 cover technique training, compass use, theory sessions, indoor games and exercises, outdoor alternatives, and physical and mental fitness. Chapter 11 expands the guidelines to bring them into line with current practice in British primary and secondary schools. Chapters 12-14 address planning, organization, and rules; mapmaking; and orienteering for people with disabilities. The seven appendices cover British Orienteering Federation (BOF) fixtures structures, performance levels, BOF squad structure and event standards, BOF coaching structure, orienteering in the United States, references and information sources, and a glossary. Contains over 150 maps, drawings, and photos. (TD)

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